

Stay Informed

Key Public Health Messages for All Residents:

- Avoid unnecessary travel and other unnecessary activities.
- Protect yourself by following public health advice about keeping your hands clean and covering coughs and sneezes.
- Stay home if you are sick. If you need to consult a health care provider, call ahead first or use telehealth services.
- Protect others who are most at risk of COVID-19 by keeping your distance from people (at least 6 feet away from others), especially those who are older, and people living with chronic health conditions.
- If you are outside, avoid crowds.
- Don't shake hands or hug.
- Stay connected to friends and loved ones by phone or through other technology.
- Get information from trusted sources. Visit <https://www.mass.gov/covid19> for the latest news, case counts, and lab testing results.
- Take care of your emotional health and help others do the same. If you need emotional support during these stressful times:
 - o Call 2-1-1 and choose the "CALL2TALK" option.
 - o Samaritans is continuing operations 24/7, as always. During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text their 24/7 helpline any time at 877-870-4673.
 - o The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Communications Resources:

- New DPH Flyer/Infographic on reducing stress & coping with fear of COVID-19
- New DMH on maintaining Emotional Health & Well-Being
- New Social Distancing (youth and general) infographic released on website.
- Social Distancing messages are now on billboards and will soon be available on public transit. They are also now translated into multiple languages.
- There is a new video on Social Distancing specifically targeted specifically at youth.

COVID-2019 infographic for posting in all public places:

<https://www.mass.gov/doc/stop-the-spread-of-germs-respratorv-diseases-like-flu-and-covid-19/download>

A short video for social media, waiting rooms, and other locations: <https://youtu.be/HhUpkGxviS4>

Social media - follow and retweet DPH on Twitter @MassDPH, updated several times per day.

Get **text updates** about COVID-19 in Massachusetts sent to your phone by texting **COVIDMA** to **888-777**.

Massachusetts 2-1-1 - Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding COVID-19. Operators are staffing this hotline 24/7 and translators are available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the Mass 2-1-1 website. As of today, Mass 2-1-1 has answered **17,454** calls from residents.